

FREQUENCY AND VOLUME CHART

Name : _____ Date of Birth: _____

Address: _____

_____ Postcode: _____

Telephone: (Home) _____ (Work) _____

This chart is a very important part of the preparation you need for your appointment with your health professional. It will help provide them with information that may relate to your symptoms and may be useful in making a diagnosis and providing treatment.

Please keep the diary for a minimum of 3 days and continue your normal eating/drinking patterns as well as daily activities. This will give a record of how much you normally drink (fluid intake), how much urine you pass, and how often you empty your bladder on a daily basis as well as any leakage you have. Bring this form with you when you next attend the clinic.

Please record as accurately as possible on this form the quota of fluids you drink and volume of urine you pass. Please record the fluids in millilitres (1 fluid ounce = 30ml). Each time you pass urine you will need to catch it in a container calibrated in volumes.

What you need to do

For a minimum of 3 days and nights record how much you drink (intake) and how much urine you pass (output) - they DO NOT have to be 3 days in a row.

- Pick days which will be convenient for you to measure and record everything
- A plastic jug which measures in millilitres (mls) or ounces (oz)
- If you pass urine but cannot measure put a √ in the appropriate column

Day 1 - Date					
Time	input	output	Amount leaked 1=drops/damp 2=wet/soaked 3=emptied bladder	Pad change Yes/No	Activity during leak
6.00 am					
7.00 am					
8.00 am					
9.00 am					
10.00 am					
11.00 am					
12.00 md					
1.00 pm					
2.00 pm					
3.00 pm					
4.00 pm					
5.00 pm					
6.00 pm					
7.00 pm					
8.00 pm					
9.00 pm					
10.00 pm					
11.00 pm					
12.00 mn					
1.00 am					
2.00 am					
3.00 am					
4.00 am					
5.00 am					
<i>total</i>					

Day 2 - Date					
Time	input	output	Amount leaked 1=drops/damp 2=wet/soaked 3=emptied bladder	Pad change Yes/No	Activity during leak
6.00 am					
7.00 am					
8.00 am					
9.00 am					
10.00 am					
11.00 am					
12.00 md					
1.00 pm					
2.00 pm					
3.00 pm					
4.00 pm					
5.00 pm					
6.00 pm					
7.00 pm					
8.00 pm					
9.00 pm					
10.00 pm					
11.00 pm					
12.00 mn					
1.00 am					
2.00 am					
3.00 am					
4.00 am					
5.00 am					
<i>total</i>					

Day 3 - Date					
Time	input	output	Amount leaked 1=drops/damp 2=wet/soaked 3=emptied bladder	Pad change Yes/No	Activity during leak
6.00 am					
7.00 am					
8.00 am					
9.00 am					
10.00 am					
11.00 am					
12.00 md					
1.00 pm					
2.00 pm					
3.00 pm					
4.00 pm					
5.00 pm					
6.00 pm					
7.00 pm					
8.00 pm					
9.00 pm					
10.00 pm					
11.00 pm					
12.00 mn					
1.00 am					
2.00 am					
3.00 am					
4.00 am					
5.00 am					
<i>total</i>					

Extra chart

Day - Date					
Time	input	output	Amount leaked 1=drops/damp 2=wet/soaked 3=emptied bladder	Pad change Yes/No	Activity during leak
6.00 am					
7.00 am					
8.00 am					
9.00 am					
10.00 am					
11.00 am					
12.00 md					
1.00 pm					
2.00 pm					
3.00 pm					
4.00 pm					
5.00 pm					
6.00 pm					
7.00 pm					
8.00 pm					
9.00 pm					
10.00 pm					
11.00 pm					
12.00 mn					
1.00 am					
2.00 am					
3.00 am					
4.00 am					
5.00 am					
<i>total</i>					